DOCUMENT RESUME

ED 403 263 SP 037 123

AUTHOR	Evans, Shirley King, Comp.
TITLE	Nutrition Education Materials and Audiovisuals for Grades 7 through 12. Special Reference Briefs Series.
INSTITUTION	National Agricultural Library, Beltsville, MD.
REPORT NO	ISSN-1052-536X; SRB-96-02
PUB DATE	May 96
NOTE	62p.; For an earlier edition, see ED 381 512; for grades pre-school-6, see ED 381 511.
AVAILABLE FROM	U.S. Department of Agriculture, Agricultural Research Service, National Agricultural Library, Beltsville, MD 20705-2351.
PUB TYPE	Reference Materials - Bibliographies (131)
EDRS PRICE	MF01/PC03 Plus Postage.
DESCRIPTORS	Adult Education; Annotated Bibliographies; *Audiovisual Aids; *Dietetics; *Educational Resources; *Foods Instruction; Food Standards; Instructional Materials; Lesson Plans; *Nutrition; Nutrition Instruction; Secondary Education
IDENTIFIERS	National Agricultural Library MD

ABSTRACT

This annotated bibliography lists nutrition education materials, audiovisuals, and resources for classroom use. Items listed cover topics such as general nutrition, food preparation, food science, and dietary management. Each item is listed in one or more of the following categories: (1) curriculum/lesson plans; (2) learning activities; (3) audiovisuals; and (4) resources for adults, including handbooks or textbooks. Teaching materials listed include: food models, games, kits videocassettes, and lesson plans. All items listed are available for loan from the National Agricultural Library; guidelines for requesting materials are included. (ND)

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ED 403 263

United States Department of Agriculture

Agricultural Research Service

National Agricultural Library

Beltsville Maryland 20705-2351

May 1996

ISSN: 1052-536X

Nutrition Education Materials and Audiovisuals for Grades 7 Through 12

SRB 96-02

Special Reference Briefs Series

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Nutrition Education Materials and Audiovisuals for Grades 7 Through 12

Special Reference Briefs Series no. SRB 96-02
(updates SRB 95-07)

Compiled By:
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USDA, ARS, National Agricultural Library
Beltsville, Maryland 20705-2351

May 1996

National Agricultural Library Cataloging Record:

Evans, Shirley King
Nutrition education materials and audiovisuals for grades 7 through 12.
(Special reference briefs ; 96-02)
1. Nutrition--Study and teaching (Elementary)--Bibliography.
2. Nutrition--Study and teaching (Secondary)--Bibliography.
I. Title.
aS21.D27S64 no.96-02

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Introduction

This publication has been prepared for educators interested in nutrition education materials, audiovisuals, and resources for classroom use. Items listed in this publication cover topics including general nutrition, food preparation, food science, and dietary management. Teaching materials listed include: food models, games, kits, videocassettes, and lesson plans. Textbooks and resources are listed to assist with background information.

Every item in this publication is available for loan from the National Agricultural Library (NAL). Please check page vii to see if you are eligible to borrow directly from NAL. Otherwise check with your local library on how to borrow materials through inter-library loan with the National Agricultural Library (NAL).

Some items that have been produced from Nutrition Education and Training (NET) funds and other resources are available for purchase. Please contact the producer(s) directly or call the Food and Nutrition Information Center (FNIC) for more information.

Each item has been placed in one or more of the following categories:

- ♦ curriculums/lessons plans
- ♦ learning activities
- ♦ audiovisuals
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Curriculums/Lesson Plans

Aim for balance: exercise and eat right
1 volume, 2 posters, and 1 guide
Seattle, WA: Seattle Public Schools & the Washington Dairy Council, 1989.
CALL NO: LB1587.A3A35
Summary: This teaching tool (grades K-12) stresses nutrition and exercise as two vital components to fitness. Included is a section on ideas and suggestions for a healthier lifestyle for the entire family.

Be a wellness winner!
Barbara A. Rienzo
2 posters, 1 teacher's guide, and 1 duplication masters booklet
Tallahassee, FL: Florida Nutrition Education & Training Program, State of Florida, Dept. of Education, 1991.
CALL NO: LB1587.N8R532 1991
Summary: This packet provides a basic curriculum for health promotion with stress on nutrition for middle school students. The packet was developed for Florida's nutrition month activities for March, 1991. Included in the packet are incentive posters, duplication masters, and a teacher's guide.

Chow!: a nutrition curriculum for grades 7-12
Jennifer Douglas, Peggy Zamore, and Michael Jacobson
1 videocassette, 1 curriculum, 1 teacher's guide, 1 eater's guide, 1 teacher's survey, 1 activity booklet, and 1 Food Guide Pyramid model
Washington, DC: Center for Science in the Public Interest, c1995.
CALL NO: Kit no. 304
Summary: The activities in this curriculum provide useful nutrition information on which students can base their choices, and they appeal to student interests, such as food advertising, weight control, and the relationship between food and the environment.

Classroom activities in nutrition in teenage pregnancy
Dian Gans and Barbara A. Hetzel
166 p.
Madison, WI: Wisconsin Dept. of Public Instruction, 1990.
CALL NO: RG556.5.G3 1990
Summary: This book offers teachers of school-age parents a wealth of information, resources, and ideas whose effects are far reaching in support of two generations -- those born today to teenage parents and the teenage parents who bear them. The lessons' step-by-step format can make lesson and unit planning much more efficient. The lessons have been revised to reflect increasing concern that the information is accessible to students from multicultural backgrounds and with diverse levels of reading competency. Chapters included the topics of: nutrients, wellness issues, smart consumer choices, postpartum nutrition, basic food groups.

Eating for a better start: instructor's manual: a nutrition program for pregnant adolescents participating in the Expanded Food and Nutrition Education Program (EFNEP) Revised 1995
Judith Heald, et al.
1 volume and flip chart
University Park, PA: Penn State, College of Agricultural Sciences: College of Health and Human Development, c1995.
CALL NO: RG559.M3 1995
Summary: This manual was originally developed for the EFNEP personnel working with pregnant adolescents. The manual is divided into four lessons covering discomforts of pregnancy, nutrient needs, weight gain, substance use and abuse, breastfeeding, formula feeding, and infant feeding. Also lists additional sources, bibliographies on nutrition during adolescent pregnancy, and sources of inexpensive or free nutrition publications.

Eating right is basic 3rd edition
16 flip charts, 36 sheets duplicating masters, and 1 leader guide
East Lansing, MI: Michigan State University Extension, c1995.
CALL NO: Kit no. 292
Summary: Topics covered include the Food Guide Pyramid; understanding food labels; menu planning; getting the most out of food dollars; food safety; breakfast; nutrition during pregnancy; infant nutrition; and eating light.

Education for self-responsibility IV: nutrition curriculum guide
Home Economic Curriculum Center, Texas Tech University, College of Home Economics
3 volumes
Austin, TX: The Center, c1992.
CALL NO: TX364.E38 1992
Summary: This curriculum guide is dedicated to improving the nutritional status of children and adolescents as well as inspiring lifetime habits of healthy eating. Contains a total nutrition education program that encompasses nutritional aspects of the child's daily life both at school and at home. Provides teachers with specific grade-level plans and learning activities that include student handouts and worksheets, teacher resource pages, and overhead transparency masters for pre-kindergarten through grade 12.

Entering adulthood. Looking at body image and eating disorders: a curriculum for grades 9-12
Susan Giarratano
118 p.
Santa Cruz, CA: Network Publications, 1991.
CALL NO: RC552.E18G53 1991
Summary: This curriculum guide focuses on issues related to body image and self-esteem, eating disorders, and sensible eating habits for adolescents. The content and learning activities will enable students to identify positive attitudes and perceptions about self- and body image, both from an individual and peer perspective. A more accurate assessment of personal body image should result.

Exercise your options
4 transparencies, 1 wall chart, 1 teacher's guide, and 50 identical student booklets
Sacramento, CA: Dairy Council of California
CALL NO: Kit no. 281
Summary: Designed to help middle-school students make a healthful food and activity choices on a daily basis. Emphasizes use of the Food Guide Pyramid.

Exploring the food pyramid with Professor Popcorn
Sue Frischie and Karen L. Konzelmann
21 lesson plans, 67 duplicating masters, 3 activity sheets, 1 bifold display, 2 booklets, and 1 pamphlet
West Lafayette, IN: Purdue University Cooperative Extension Service, 4-H EFNEP, c1993.
CALL NO: Kit no. 215
Summary: Teaches nutrition and basic health principles by means of activities which cover the Food Guide Pyramid and the Dietary Guidelines for Americans. Divided into three levels for grades 1-3, grades 4-6, and grades 7-9.

Healthful habits: it's your decision: a curriculum guide in adolescent nutrition for middle grades
Beverly A. Bryant, Lillie M. Robinson, and Carey Hughley in cooperation with North Carolina Dept. of Public Instruction, Division of Curriculum and Instruction, Healthful Living Section
Raleigh, NC: North Carolina Dept. of Public Instruction, Division of Curriculum and Instruction, Healthful Living Section, 1990.
CALL NO: TX361.Y6B79
Summary: This interdisciplinary curriculum guide provides school personnel with a framework for a nutrition education program to help reduce the risks encountered by adolescents and help them enhance their current and future health and well-being through good nutrition provided "across the curriculum" in physical education, health, science, mathematics, language arts, social science, home economics, and nutrition education.

Hey! What's cookin'?
18 lessons and 31 sheets duplicating masters
Raleigh, NC: North Carolina Cooperative Extension Service, North Carolina State University, College of Agriculture & Life Sciences, 1994.
CALL NO: Kit no. 259
Summary: This is an experimental pregnant teen curriculum. Discusses prenatal care, the Food Guide Pyramid, community resources available to pregnant teens, substance abuse, old wives' tales, appropriate weight gain, discomforts of pregnancy, iron supplements, the food groups, meal planning, snacking, fast foods, exercise, and feeding the baby.

Into adolescence. A menu for good health: a curriculum for grades 5-8
Susan J. Laing
126 p. and 1 student workbook
Santa Cruz, CA: Network Publications, 1991.
CALL NO: LB1587.N8L35 1991
Summary: This book helps middle school students integrate the principles of good nutrition into the food choices they make every day. The nine lessons focus on the benefits of eating a variety of health foods, while giving students practical strategies to make their favorite meals and snacks more nutritious.

Leader/helper's guide for foods curriculum
Susan J. Barkman and Marta Lah
Manual with leader/helper guide for each level
West Lafayette, IN: Purdue University Cooperative Extension Service, c1995.
CALL NO: TX364.L335 1995
Summary: The curriculum focuses on teaching both life skills and project skills for 14-19 year-olds it is divided into four age levels. Each level consists of 24 activities covering the following topics: healthy food selection; smart food purchasing; food preparation; food safety; food preservation; and careers. Manuals and leader/helper guides consists of background information, resources, and activities.

Lightenup: an adolescent weight management curriculum
Bethann Witcher
164 p.
College Station, TX: Texas Agricultural Extension Service, Texas A&M University System, c1994.
CALL NO: RJ235.W55 1994
Summary: Lightenup is a comprehensive 8-week curriculum designed to teach positive lifestyle habits to adolescents to help them improve their fitness levels and maintain ideal body weight.

MidLINC: middle level interdisciplinary curriculum Revised
Penn State Nutrition Center, College of Health and Human Development, the Pennsylvania State University, c1995.
1 videocassette, 1 science video kit, 3 notebooks, and 1 meal ready-to-eat
CALL NO: Kit no. 310
Summary: Curriculum program developed to help 6-8 grade students make connections between nutrition and social studies, math, science, language arts, health and home economics.

Nutrition basics
Julia Truitt Poynter, Janet Cope, and Wanda Grogan
10 portfolios and 1 instructor's information guide
Atlanta, GA: University of Georgia, Georgia Center for Continuing Education, 1991.
CALL NO: TX364.N896 1991
Summary: This 10 module curriculum is designed to provide in-depth instruction in basic nutrition throughout the life cycle. The goal is to increase knowledge and understanding of basic nutrition principles affecting school-age children, adolescents, and adults. It may be taught to groups of teachers, school nutrition managers, and other school personnel. It is an appropriate follow-up course for "Living, learning, eating," or "Working together as a nutrition education team."

Nutrition for sports: a curriculum for high school athletes
1 teacher's guide and 1 videocassette
Alameda, CA?: Alameda County Chapter, American Heart Association, c1990.
CALL NO: Kit no. 143
Summary: Discusses the critical role of nutrition in an athlete's performance. Stresses the fact that athletes should eat the same wholesome foods that make up a healthy diet for anyone, although athletes will probably need more calories. Contents include lesson plans and activities for the following: an introductory unit, pre-game meals unit, fluids unit, and a snacks unit. Each unit has an optional basic or expanded lesson plan.

Nutrition issues
Julia Truitt Poynter, Janet Cope, and Wanda Grogan
15 portfolios and 1 instructor's information guide
Atlanta, GA: University of Georgia, Georgia Center for Continuing Education, 1991.
CALL NO: TX364.N897 1991
Summary: This 15 module curriculum is designed to provide in-depth instruction in basic nutrition throughout the life cycle. The goal is to increase knowledge and understanding of basic nutrition principles affecting school-age children, adolescents, and adults. It may be taught to groups of teachers, school nutrition managers, and other school personnel. It is an appropriate follow-up course for "Living, learning, eating", or "Working together as a nutrition education team."

Planning nutritious snacks: curriculum
1 volume
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training, c1995.
CALL NO: TX361.C5P52 1995
Summary: The purpose of these workshop materials is to provide information on planning tasty, nutritious snacks which meet CACFP snack regulations and the Dietary Guidelines for Americans. Topics include: importance of snacks in the child's diet; CACFP snack requirements; Dietary Guidelines; and how to include children in preparation of snacks. Written for food service and child care staff, coordinators, and educators who have responsibility of providing snacks at facilities participating in one or more of the USDA Child Nutrition Programs.

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Sports and foods curriculum Revised 1994
Melanie Nelson-Smith, Jane Houck, and Monica A. Dixon, (eds.)
Curriculum and student workbook
Owatonna, MN: Pineapple Appeal, 1994.
CALL NO: TX361.A8N44 1994
Summary: Contains six units dealing with self-assessment, leader nutrients, body composition/energy balance, fitness, food facts, and healthy diets.

Sports & foods student worktext
96 p.
Owatonna, MN: Pineapple Appeal, c1990.
CALL NO: TX361.A8N442 1994
Summary: Companion volume to Sports and Foods Curriculum by Melanie Nelson-Smith.

Learning Activities

About better choices: ABCs for a healthy pregnancy
150 food picture cards, 1 poster, 6 duplicating masters (3 sheets), and 1 leader's guide
Westmont, IL: Dairy Council of Wisconsin, 1993.
CALL NO: Kit no. 150
Summary: A nutrition education program designed to help teach adolescents and adults about the importance of a healthful diet during pregnancy, gaining weight during pregnancy, and how menu planning can positively affect the growth and development of the baby.

The amazing California artichoke
Karen Holtman
92 p.
CALL NO: SB351.A8H65 1995
Summary: This unit offers students an awareness, understanding, and appreciation of the artichoke. Its hands-on unit features an integrated, thematic exploration with cross-curricular projects and activities.

Award-winning nutrition education lessons, units and promotions: grades 7 through 12
83 p.
Illinois: Illinois Nutrition Education and Training Program, 1994.
CALL NO: TX361.C5A83 1994
Summary: This booklet was developed as an avenue for teachers and food service personnel to find creative nutrition teaching ideas. It is a compilation of the grades 7 through 12, units and promotions that were recognized as creative by the Illinois Nutrition Education.

Best kids cook book
Sunset editors
112 p.
Menlo Park, CA: Sunset Publishing Corporation, c1992.
CALL NO: TX652.5.B455 1992
Summary: More than fifty recipes are presented along with cooking terms, cooking equipment and techniques, and tips for entertaining and safety.

A change of plate: how to reduce fat and calories when choosing and using meat Revised
1 flip chart, 3 meat models, 1 plate, 1 evaluation form, and 1 leader guide
Chicago, IL: Education Dept., National Live Stock and Meat Board, c1992.
CALL NO: Kit no. 254
Summary: None given

Chemistry and nutrition experiments
Dr. David Bergandine
16 p.
Sycamore, IL: Illinois Nutrition Education and Training (NET) Program, 1991.
CALL NO: TX541.B47 1991
Summary: This booklet contains 3 units for instruction in science and nutrition. "Which carbohydrate" is intended for younger students (i.e., grades 4-6); "How many minerals" is intended for students with more knowledge (i.e., grades 6-7); and "What's essential" is designed for upper level science students with some knowledge of biology and chemistry (i.e., grades 8-9).

Comparison cards 5th edition
108 charts and 1 leader guide
Rosemont, IL: National Dairy Council, c1994.
CALL NO: Graphic no. 312
Summary: Bar graphs indicate the nutrient values of many commonly eaten foods. Back of each card indicates daily value of each food in fat content.

Culinary hearts kitchen cooking course
American Heart Association
265 slides, 1 instructor's manual, 1 press release, 6 posters, 2 advertising reproduction sheets, 1 pamphlet, and 1 notebook sticker
Dallas, TX: The Association, 1992.
CALL NO: Kit no. 140
Summary: A teaching package for those teaching how to put the American Heart Association's dietary recommendations into practice. Six main sessions designed to be taught in 12 hours. Basic nutritional concepts are applied to various foods. Each session includes pertinent information on nutrition, food selection, preparation and presentation, followed by recipe demonstrations.

The danger zone: a food safety program for teens
1 videocassette (25 min.)(VHS) and 1 guide folder (1 poster, 1 certificate of achievement, 1 teacher's guide, 1 evaluation card, and 1 order form)
St. Petersburg, FL: U.S. Dept. of Agriculture, Food Safety and Inspection Service, 1990.
CALL NO: Videocassette no. 1168
Summary: Developed for use by teachers of health, home economics, and science on the secondary level, this program is designed to teach the basic elements of safe food handling to teenagers. Includes learning activities, activity sheets, evaluations, and other teaching resources.

Eating for a better start instructor's manual: a nutrition program for pregnant adolescents participating in the Expanded Food and Nutrition Education Program
Maryfrances Marecic, Irene Strychar, and Cheryl Achterberg
120 p. and 1 flip chart
University Park, PA: Penn State, College of Agriculture, College of Health and Human Development, 1990.
CALL NO: RG559.M3 1990
Summary: This educational program was created to use in teaching principles of nutrition to individual pregnant teens, groups of pregnant adolescents or with interested non-pregnant adolescents (both male and female). Topics include: discomforts of pregnancy (nausea, heartburn, constipation), nutrient needs, weight gain, substance use and abuse, breast-feeding, formula feeding, and infant-feeding. Each lesson contains a rationale, lesson specific objectives, activities, handouts, and an evaluation plan. The program also includes a flip chart, an appendix that lists additional resources, bibliographies on nutrition during adolescent pregnancy, and sources of inexpensive or free nutrition publications.

The fat case
Jean Sweet
Plastic models (various pieces) and 1 leader's guide
Madison, WI (506 Woodside Ter., Madison, WI 53711): Woodside Company, c1990.
CALL NO: Model no. 13
Summary: Depicts the percentage of hidden fat in various commonly eaten foods.

Five a day bingo: a fun nutrition game for all ages: a fresh approach to promoting good nutrition to everyone from preschoolers to seniors
Kathy Andersen, Linda Crisp, and Dayle Hayes
1 game (1 introduction, 1 set instructions, 1 set clue cards, and 1 set bingo cards)
CALL NO: Game no. 36
Summary: To play the game, the name of a fruit or vegetable is called and players fill up five squares on the bingo card either down, across or diagonally. The object of the game is to increase awareness of 5-a-day, encourage players to eat more fruits and vegetables, and reward players for trying new produce items.

Food and digestion
Steve Parker
48 p.
London; NY: F. Watts, 1990.
CALL NO: jQP145.P17
Summary: An introduction to the digestive system, discussing each stage of digestion, the organs which aid in the digestive process, and the assimilation of nutrients into the body's structure.

Food models
185 cardboard models and leader guide
Rosemont, IL: National Dairy Council, 1990.
CALL NO: Graphic no. 262
Summary: Food models provide life-size color photographic reproductions of foods commonly eaten; accompanying guide gives suggestions for use of the models.

The food pyramid: learning activities
Grace Falciglia, Lauren Niemes, and Philippa Norton
4 activity booklets, 2 pamphlets, 1 resource list, 2 information sheets, and 1 evaluation sheet
Columbus, OH: Ohio NET Program, 1993.
CALL NO: Kit no. 214
Summary: The learning activities in this packet are designed to encourage children to select foods they enjoy from each of the five major food groups in the Food Guide Pyramid every day to provide the nutrition they need for good health.

Food pyramid lotto
Laurie Manahan
1 game (100 playing cards, 4 pyramid playing boards, 1 duplicating master,
1 instruction booklet, and 1 questionnaire)
Walla Walla, WA: Yummy Designs, c1993.
CALL NO: Game no. 38
Summary: Object of the game is to completely cover the playing board with 16 appropriate cards representing one day's wise food choices in line with USDA's recommendations.

Food tasting party manual for managers
Barbara Parnell, Archdioceses of New Orleans, Nutrition Education and Training Program
15 p.
Baton Rouge, LA: State Dept. of Education, Bureau of Food and Nutrition Services, 1987.
CALL NO: TX364.P3
Summary: To assist classroom teachers in coordinating tasting parties, this manual sets forth guidelines to consider, particulars of planning and conducting tasting parties, and specific foods for menu planning. Each menu item considered includes preparation instructions, serving arrangement, and purchasing information. General food purchasing and accountability information is included.

Give yourself five
1 videocassette (15 min.)(VHS) and teaching materials
Owatonna, MN: Pineapple Appeal, c1994.
CALL NO: Videocassette no. 2211
Summary: This humorous video highlights daily challenges teenagers face when making food selections. For middle school-aged children.

Great beginnings: nutrition education series for pregnant teens and teen parents
Joanne Burke, Valerie Long, and Deborah Luppold
1 videocassette, 15 pamphlets and booklets, 4 posters and charts, 1 certificate of achievement, 6 instructor's guides, 6 sets participant handouts, and 91 duplicating masters
New Hampshire?: University of New Hampshire, Cooperative Extension, 1991?
CALL NO: Kit no. 142
Summary: Discusses nutrition, issues of pregnancy and early parenthood, with the goal of providing practical nutrition and wellness information to adolescent mothers through presentations, discussions, and hands-on activities.

Growing up healthy and eating right with the Dietary Guidelines: a curriculum supplement for upper elementary and middle school teachers
Steva Alexis Komeh
39 p. and 1 pamphlet
Maryland?: Maryland State Dept. of Education?, 1992?
CALL NO: RJ206.K65 1993
Summary: None given

Healthquest: nutrition trivia
1 game (175 question and answer cards, 1 pad of contestant entry forms, 1 sheet of rules, 1 tournament sheet, and 4 noise makers)
Portland, OR: Nutrition Education Services, Oregon Dairy Council, c1991.
CALL NO: Game no. 28
Summary: A game similar to Trivial Pursuit, but designed to test players' knowledge of nutrition, general health, and exercise. Questions are asked from the following categories: vitamins/minerals/fiber, calories/fat/cholesterol, exercise/body weight, salt (sodium)/ sweeteners/caffeine/alcohol, and miscellaneous.

Heart challenges
3 activity kits (posters, booklets, mini lessons, buttons, teacher's guides, and program coordinator's guides)
Dallas, TX: American Heart Association, c1991.
CALL NO: Kit no. 197
Summary: Presents factual information on cardiovascular disease, as well as other strategies to encourage teenagers to make and maintain changes in how they live.

Heart decisions: middle school
American Heart Association, Schoolsite Program
1 videocassette, 1 sound cassette, 4 module folders, 1 teacher's guide, 1 test manual, 3 buttons, and 1 pencil
Dallas, TX: American Heart Association, c1989.
CALL NO: QP111.6.H42 1989
Summary: Designed to help middle school students see a connection between positive lifestyles and good cardiovascular health.

Heart healthy cook-offs
Sarah Levin Bain, et al.
1 set teaching materials, 1 recipe book, 3 booklets, and 1 certificate
Pawtucket, RI: Pawtucket Heart Health Program, Memorial Hospital of Rhode Island, c1990.
CALL NO: Kit no. 294
Summary: Teaches junior and senior high school students how to choose and prepare heart healthy foods.

How much fat?
Sharon E. Buhr
10 test tubes with fat pats
Valley City, ND: Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 15
Summary: This is an educational set containing the amount of fat found in various foods. It explains about fat and possible risk of heart disease.

How much salt?
Sharon E. Buhr
12 test tubes with salt and 1 guide
Valley City, ND: Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 14
Summary: This is an educational set that provides 12 test tubes containing the amount of salt needed by the body and the amount found in various foods. It discusses sodium and hypertension.

Introducing the new food labels to youth audiences
Alice Baughman, et al.
1 chart, 6 duplicating masters, and 3 answer sheets
Ames, IA: Iowa State University, University Extension, c1994.
CALL NO: Kit no. 303
Summary: Participants will learn how to identify and use the new food labels, compare the serving size stated on the labels with the amount they normally eat, and compare foods using the percent daily values.

Jack Sprat's table
Judy Johnston
1 game (1 board, 2 packages food cards, 1 package play money, 2 dice, 4 player pieces, and 1 set of rules)
KS: Kansas LEAN, 1992.
CALL NO: Game no. 27
Summary: The object of the game is to accumulate food cards representing at least the minimum of servings in every food group represented by the Food Guide Pyramid.

The kids, food and diabetes family cookbook
Gloria Loring
242 p.
Sherman Oaks, CA: G. Loring, c1994.
CALL NO: RJ420.D5L67 1991
Summary: Contains advice about good nutrition, the practical aspects of being a parent of a diabetic child, and nearly 200 recipes.

Make a body conscious choice
1 guidance materials book, 9 plastic display easels, 9 plastic signs, 25 book covers, 16 printed name tags, 12 blank name tags, 16 plastic name tag covers, 1 red grease pencil, 10 posters, and 2 duplication masters
Atlanta, GA: The School and Community Nutrition Division, Georgia Department of Education, 1989.
CALL NO: Kit no. 109
Summary: Promotes healthful food choices for secondary school students at school and elsewhere. Low-fat, low-cholesterol food selections are encouraged through bright posters, handouts, activity cards and book covers. A point-of-choice nutrition education program for teens.

Nasco's food and nutrition: not-so trivial
Carol R. Schmelzel
1 game (54 game cards, 2 score pads, 1 die, 1 paper punch, 1 set instructions, 1 teacher's guide, and 1 cardboard insert)
Fort Atkinson, WI: NASCO, c1991.
CALL NO: Game no. 25
Summary: Game for two to six people based on Trivial Pursuit concept. Players answer questions in each of the following categories: nutrition and health facts, food and nutrition choices, buying and storing food, food preparation and cooking, safety and sanitation, and table setting and table manners.

Nasco's Italian foods model
10 plastic models and 1 booklet
Ft. Atkinson, WI: NASCO, 198-?
CALL NO: Model no. 8
Summary: This case of food models contains 10 models of Italian foods. The models are teaching aids for demonstrating the variety of foods, their food values and proper nutrition. The accompanying booklet contains recipes and food exchanges.

Nutriquest
1 game (4 color coded sets of questions and answer cards, 1 die, and instruction sheet)
Hamburg, NJ: DDA, 1990.
CALL NO: Game no. 20
Summary: Using color coded cards (yellow for cooking, red for leftovers, blue for nutrition knowledge and green for food facts), the game uses question and answers to review nutrition and various aspects of food. It can be used by 2 to 30 players.

Nutrition & diet
InVision Communications, Inc. in cooperation with Temple University, School of Medicine
1 videocassette (30 min.)(VHS) and 1 teacher's guide
Bala Cynwyd, PA: Schlessinger Video Productions, c1994.
CALL NO: Videocassette no. 2287
Summary: In this video, a registered dietitian and nutritionist work with teens to explain the principles of good nutrition and to demonstrate good eating habits, from reading product labels to selecting menu items and preparing food at home.

Nutrition activities for after-schoolers
Patricia Minish and Janet Cope
32 leaves
Atlanta, GA: Georgia Nutrition Education & Training, Georgia Dept. of Education, c1993.
CALL NO: TX364.N8725 1993
Summary: The emphasis of these activities is on helping school-age children make wise decisions about their nutritional health and developing healthy habits that will carry over into their teenage and adult years. The objectives of the activities are for children to practice good daily food habits; recognize effect of nutrition on total health; develop attitudes and decision-making skills that enable them to take responsibility for their own health; integrate creative and fun nutrition activities with life skills and program content; identify sources of nutrition information within their community and beyond; develop respect for food choices of different ethnic backgrounds and cultures; help parents value good nutrition; and practice cleanliness and safety rules when preparing food.

Nutrition in the cafeteria
1 volume
Denver, CO: Colorado Department of Education, 1993.
CALL NO: TX364.N888 1993
Summary: Contains materials that can be used to teach children the importance of eating breakfast, as well as general nutrition information and sample school lunch menus.

Nutro
1 game (50 cards, 75 plastic balls, 2 sets labels, 1 ball holder, 1 master list, 1 package playing chips, 3 teaching guides, and 1 instruction sheet)
S.L.: HomeCall, c1994.
CALL NO: Game no. 34
Summary: Using the Food Guide Pyramid, this game will help adults and children learn how food choices impact health.

Once upon a recipe: delicious, healthy foods for kids of all ages
Karen Greene
96 p.
New York, NY: Perigee Books, c1992.
CALL NO: jTX652.5.G72 1992
Summary: More than fifty delicious, healthy recipes, allusions to works of children's literature and cooking tips. Sample items: Babar's Carob French Toast, Shakespeare's Breakfast Sandwiches, Rumpelstiltskin's Pillow, and Bambi's Salad Bowl.

Penn State nutrition science lab experiments and pen-and-paper activities
Penn State Nutrition Center, Dept. of Nutrition, College of Health and Human Development
1 volume
University Park, PA: The Pennsylvania State University, c1995.
CALL NO: TX364.P4 1995
Summary: Contains instructions on how to conduct laboratory experiments on: acid/base indicators on food; analyzing the composition of a hot dog; body composition; body density; bomb calorimetry; digestion; enzyme reactions; osmosis/diffusion; isolation of caffeine; testing for vitamin C in beverages; and iron in breakfast cereal. Also contains nutrition science activities relating to chemicals we eat; the effects of switching to a low-fat milk; energy balance; fat classification; recycling calories; and reading labels.

Recipes for kids
Virginia V. Renoudet
68 p.
United States: Air Force Commissary Service, 1990.
CALL NO: TX715.R42
Summary: This book provides recipes and sample menus for parents and kids to prepare together in order to promote nutrition and good eating habits. Basic nutrition concepts are briefly described and tips for healthy eating habits are reviewed. Topics include: nutrition for children and teens, healthy snacks, eating habits, making mealtime fun, keeping teeth healthy, constipation, and vitamin and mineral supplements.

Shaping healthy choices into action: implementation materials for the child nutrition, shaping healthy choices campaign
2 videocassettes, 7 booklets, 3 brochures, and 1 set promotional materials
Sacramento: California Dept. of Education, 1992.
CALL NO: Kit no. 155
Summary: Program designed to help California schools and child development programs introduce children and youth to dietary practices that promote health, reduce the risk of chronic disease, and provide for optimal learning, growth, development, and physical activity.

Snack smart
Carol Frazee
Teacher module with 6 lesson plans, student module with activity worksheets, 23 posters, 1 recipe booklet, and 3 sheets game cards
Tallahassee, FL: Florida Dept. of Education, c1992.
CALL NO: Kit no. 262
Summary: This educational unit is designed for use with kindergarten through 8th grade. The educational modules and posters, along with recipes, encourage healthy eating habits.

Starpower
1 videocassette, 1 pamphlet, 5 identical posters, and 1 teaching guide
Washington, DC: Sugar Association, 1992.
CALL NO: Kit no. 156
Summary: Nutrition and fitness education package for youth age 9-14 and adult caregivers. Provides information needed to make day-to-day nutrition and fitness choices contributing to a healthy lifestyle.

Washington Apple Commission activity kit and cookbook
1 set instructional materials
Wenatchee, WA: Washington Apple Commission, 1994?
CALL NO: Kit no. 247
Summary: Contains materials relating to the Healthy Choices for Kids nutrition education program, a program that is provided free by the growers of Washington apples to teachers nationwide. The program integrates the 1990 Dietary Guidelines for Americans, and is written by nutrition, fitness, and curriculum experts.

Audiovisuals

Adventures of the Spaceship Baud into the starsystem Alcohol
Multimedia Laboratories
Presented by Florida State University, Florida Nutrition Education and Training, Florida Department of Education, Florida State University
1 videocassette (17 min.)(VHS) and 1 manual
Tallahassee, FL: Multimedia Laboratories, c1990.
CALL NO: Videocassette no. 1087
Summary: The video uses a spaceship spoof on alcohol-inducted body reactions concerning nutrients to introduce body impairments when alcohol is consumed. Additional nutrition education materials for middle and high school classroom use are included in the accompanying manual as well as two sets of tests.

The aisles have it!
1 videocassette (14 min.)(VHS) and 1 teacher/leader guide
Chicago, IL: Freeman Pictures, c1991.
CALL NO: Videocassette no. 1767
Summary: A brief vignette about two teens whose school assignment leads to the grocery store. Includes tips on food packaging, labels and ingredients, unit pricing and how to get more nutritionally for your food dollar.

American foods of the South set
Life/form replicas; 10 plastic models
Contents: Barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 6
Summary: This package of food models contains 11 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. These models are useful for teaching a unit on ethnic foods.

Blubber busters: calories you can feel
Contents: Candy bar, section of chocolate bar, lollipop, brownie, 2 cookies, snack cake, apple pie, iced donut, ice cream cone, bon-bon, chocolate kiss, 4 chocolates, and bio-like artificial fat
Waco, TX: Health Edco, Inc., 1989.
CALL NO: Model no. 11
Summary: These "food for thought" snacks are made from bio-like artificial fat and are sized so that 1 oz. of fat represents 220 calories of real food. Eating 35,000 more calories than are used up by normal metabolism and exercise will produce approximately 1 lb. of new body fat. As an example, 1 extra 200 calorie candy bar every day equals 21 lbs. of fat gain per year. Feel before you eat. These models are intended to motivate clients to change their eating habits in order to lose weight.

Carbo choices: a quiz on carbohydrates
Barbara Shannon
1 videocassette (16 min.)(VHS), 1 providers' manual, and 1 poster
University Park, PA: The Penn State Nutrition Center, 1989.
CALL NO: Videocassette no. 1174
Summary: Designed to encourage audience participation and self-evaluation while addressing issues and concerns related to the consumption of sugar, starch, and fiber. Provides worksite program providers with the necessary materials to develop, implement, and evaluate this nutrition education program.

Choices: it's time to eat right: healthy food choices for teens: working draft
1 videocassette (VHS) and 1 instructional guide packet (pamphlets, forms, worksheets, references, duplicating masters, etc.)
Honolulu, HI: Nutrition Branch, Hawaii State Dept. of Health, c1992.
CALL NO: Kit no. 154
Summary: Video presentation and instructions to help adolescents make healthy food choices. Material is ethnically appropriate for Hawaii's populations, and video features Hawaii's own students, athletes, and famous personalities with their nutrition messages.

Choosing a healthy start: nutrition for pregnant teens: working draft
1 videocassette (VHS) and 1 instructional guide packet (pamphlets, forms, worksheets, references, duplicating masters, etc.)
Honolulu, HI: Nutrition Branch, Hawaii State Dept. of Health, c1992.
CALL NO: Kit no. 153
Summary: Video presentation and instructional suggestions for use in helping pregnant adolescents make healthy food choices. Material is ethnically appropriate for Hawaii's varied populations.

Daily food choices for healthy living
United Learning
1 videocassette (16 min., 25 sec.)(VHS) , 1 teacher`s guide, and 37 duplicating masters
Niles, IL: United Learning, 1992.
CALL NO: Videocassette no. 1671
Summary: Explains and brings alive the very latest information on Dietary Guidelines. Designed for multi-grade and interest levels, the program includes information and activities on the five food groups.

Eating disorders
Arden Kass
1 videocassette (30 min.) (VHS) and teacher's guide
Bala Cynwyd, PA: Schlessinger Video Productions: Library Video Company (distributor), c1994.
CALL NO: Videocassette no. 2273
Summary: Compelling interviews with several young people who suffered from anorexia nervosa, bulimia, and compulsive overeating provide a living portrait of these devastating diseases. Experts in the field discuss treatments available, the causes and symptoms of the diseases, and techniques of prevention and detection.

Fad versus fit: Your lifetime fight against fat
Sara Coover Caldwell, Matt Clark, and Daniel L. Shreve
1 videocassette (30 min.) (VHS) and 1 manual
Charleston, WV: Cambridge Career Products, c1992.
CALL NO: Videocassette no. 2150
Summary: Pits the long and short-term damaging effects of fad diets against the benefits of a healthy diet with exercise.

Fast and easy teen meals--pasta
1 videocassette (17 min., 30 sec.) (VHS), 1 recipe booklet, and 1 quiz
Owatonna, MN: Pineapple Appeal, c1994.
CALL NO: Videocassette no. 2072
Summary: Discusses what pasta is, different types that are available, what nutrients it provides, how it fits into the Food Guide Pyramid, how to cook it, toppings to put on it, etc.

Fat: a balancing act
Washington State Dairy Council
1 poster, 1 brochure, 6 duplicating masters, and 3 lesson plans
Seattle, WA: The Council, c1993.
CALL NO: Kit no. 157
Summary: Designed to help teenagers learn to lower their fat intake while maintaining a balanced diet. Discusses the five food groups and the Food Guide Pyramid, serving sizes, personal fat budgets, and food trade-offs.

Five pound body muscle replica
1 plastic model
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 2
Summary: This five-pound body muscle replica is a model of human body muscle. Designed to show the muscle configuration developed through exercise, this graphic may be used to motivate patients to exercise regularly.

Food for thought
Playing With Time, Inc., PBS and WGBH with Taylor Productions, Inc.
1 videocassette (30 min.) (VHS)
Los Angeles, CA: Direct Cinema Ltd., 1988.
CALL NO: Videocassette no. 1030
Summary: Kathleen strives to win first place in the science fair while denying her symptoms of anorexia nervosa.

Food pyramid challenge 2: a fun, creative way to learn about the subject of nutrition based on the Food Guide Pyramid
1 game
Owatonna, MN: Pineapple Appeal, c1994.
CALL NO: Game no. 31
Summary: The object of the game is to reach the "finish" line while learning about grains, nutrients, moderation in the diet, eating a variety of foods, etc. For grades 9-12.

Food replica package no. 1
Life/form replicas; 36 plastic models
Contents: Meat: seafood, poultry, pork chop, hamburger, haddock, fried egg, hard-cooked egg, chicken leg, chicken thigh, chicken breast. Vegetables: broccoli, carrot sticks, frozen peas, baked potato, sweet potato, tomato juice, salad. Grains: bread, hamburger bun, cornflakes, rice. Fruit: half banana, half grapefruit, orange juice, orange, canned peaches, whole peaches, raisins, strawberries. Desserts: angel food cake, jell-o, chocolate pudding. Dairy products: butter, cottage cheese, swiss cheese, skim milk. Miscellaneous: dressing, peanut butter.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 3
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program.

Food replica package no. 2
Life/form replicas; 30 plastic models
Contents: Meat, seafood, poultry: bacon strips (2), ham, beef patty, liver, bologna, wiener, tuna, steak. Sandwiches, soup, casseroles: chili, bread and peanut butter, vegetable soup, spaghetti. Vegetables: asparagus, baked beans, green beans, beets, mashed potatoes, whole kernel corn, tomato juice. Grains: graham crackers, soda crackers, cream of wheat. Desserts: sheet cake with icing, sheet cake without icing, apple pie, ice cream. Dairy products: cheddar cheese, American cheese. Miscellaneous: ripe olives.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 4
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program. Foods from each of the basic food groups are in the package.

Food replica package no. 3
Life/form replicas; 26 plastic models
Contents: Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp. Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, coleslaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 5
Summary: This package of realistic food models includes a wide variety of food items useful in a nutrition education program.

The good food game
Merilyn Cummings
54 patterns, food cards, text, and wallet
Stillwater, MN: Abrahamson Publishing Company, 1989.
CALL NO: Game no. 17
Summary: The game is a self-help system based on the American Dietetic Association's Food Exchange System. The cards help you keep track of what you've eaten so that you can monitor fat intake. The text explain the game and provides the nutritional instructions and information.

A healthy you, a healthy baby: answers for the pregnant teen
1 folded sheet
Boston, MA: Massachusetts Dept. of Public Health, Massachusetts WIC Program, Nutrition Education Task Force, 1989.
CALL NO: TX361.W55W52 no. 285
Summary: This folded sheet provides nutrition and diet information for pregnant teenagers. The four food groups and the need for a balanced diet are discussed. Other topics include: weight gain, smoking, alcohol, drugs, nausea and vomiting, constipation and heartburn.

Hearty habits: don't eat your heart out: 15-18 year olds
National Cholesterol Education Program, National Heart, Lung, and Blood Institute, National Institutes of Health
57 p.
Bethesda, MD: The Institute; Washington, DC: Supt. of Docs., U.S. G.P.O., distributor, c1993.
CALL NO: RC684.D5H45 1993
Summary: This booklet discusses how to choose a variety of foods to lower blood cholesterol levels and tells about other healthful behaviors, such as regular physical activity.

High fiber food package
Life/form replicas; 28 plastic models
Contents: Prunes, strawberries, orange, apple, coleslaw, carrot sticks, whole tomato, broccoli, oatmeal, brown rice, bran muffin, popcorn, chili with beans, kidney beans, canned peach halves, orange juice, applesauce, cooked carrots, tomato juice, cornflakes, white rice, and hard roll.
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 9
Summary: This food model package focuses on increasing fiber in the diet. Both high fiber and low fiber food replicas are provided for demonstrating how changing food selections can increase fiber content of the diet. A typical American eats 10 to 12 grams of fiber a day compared to the recommended daily intake of 25 to 35 grams.

How much fat?
Sharon E. Buhr
Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 15
Summary: This is an educational set that provides 10 test tubes containing the amount of fat found in various foods. It explains about fat and possible risk of heart disease.

How much salt?
Sharon E. Buhr
Young People's Healthy Heart Program, 1989.
CALL NO: Model no. 14
Summary: This is an educational set that provides 12 test tubes containing the amount of salt needed by the body and the amount found in various foods. It explains about sodium and hypertension.

How to make the Dietary Guidelines work
1 participant workbook, 4 posters, 1 apron, 1 tote bag, 1 activity booklet, 7 sheets duplicating masters, and 1 set promotional materials
Alabama: Alabama State Dept. of Education, Child Nutrition Programs, 1993.
CALL NO: Kit no. 199
Summary: A training and marketing program developed to assist in the development of a meaningful summer training program for Child Nutrition Program managers in Alabama and the development of a marketing program for use in upper grades to encourage students to participate in the National School Lunch Program.

The inside edge
Christine Bernat and Mike Laur
1 videocassette (8 min., 48 sec.) (VHS) and 6 reproducible handouts
Thornton, CO: The Western Dairy Council, c1989.
CALL NO: Videocassette no. 944
Summary: Choosing the right fuel to achieve the inside edge is the focus of this sports nutrition video and the accompanying educational materials. The video is geared to the high school athlete, stressing the importance of a high-carbohydrate, moderate-protein, low-fat diet, high in fluids. The reproducible handouts cover eating while traveling, training diets, fluid replacement, precompetition diet, and carbohydrates.

La piramide de la alimentacion
National Health Video, Inc.
1 videocassette (10 min.)(VHS)(Spanish)
Los Angeles, CA: National Health Video, c1993.
CALL NO: Videocassette no. 1783
Summary: Describes the Food Guide Pyramid and discusses the reason for the pyramid design. Introduces each food group featured in the pyramid, giving specific examples of foods to be found in each group. Discusses the nutrients to be found in each food group, how many servings are recommended from each group per day, and tells what a serving size is and why it is important.

MVE-TV: the channel for moderation, variety and exercise
Produced by Freeman Pictures, Inc.; presented by the Education Department of the National Live Stock and Meat Board
1 videocassette (10 min.) (VHS), 1 wall chart, 12 duplicating masters, 1 leader guide, and 1 evaluation form
Chicago, IL: The Board, c1994.
CALL NO: Videocassette no. 2156
Summary: Designed to help students develop good eating habits. Provides an overview of essentials for a lowfat balanced diet.

Make nutrition come alive
Kendra Anderson, Patricia Hammerschmidt, and Ruth Eggert Linnemann
1 videocassette (13 min., 30 sec.) (VHS) and 1 leader's guide
Lansing, MI: Michigan 4-H Youth Programs, Cooperative Extension Service, Michigan State University, 1990.
CALL NO: Videocassette no. 1146
Summary: Contains ideas and information on how to teach nutrition and fitness to kids from ages 5 to 19 as well as to adults in a community group setting. Shows activities to be used in opening and closing a 4-H meeting as well as a variety of main event activities. The leader's guide gives information to help the teacher as a leader and includes an evaluation form.

Mexican-American ethnic food set
Life/form replicas; 12 plastic models and 1 booklet
Contents: Hot chili pepper (jalapeno), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (frijoles in a bowl), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, crisp taco.
Ft. Atkinson, WI: NASCO, 198?
CALL NO: Model no. 7
Summary: This package of food models contains 13 models of Mexican-American foods. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes. Useful for teaching a unit on ethnic foods.

Nasco's eating right kit
Life/form replicas; 43 plastic models and 1 poster
Contents: 1 teaspoon mayonnaise, 1 tablespoon French dressing, 1 tablespoon cooking fat, 5 butter pats, 1 teaspoon margarine, 1 chocolate chip cookie, 18 oz. glass whole milk, 18 oz. glass skim milk, 1 cup plain yogurt, 11 oz. slice American cheese, 1 scoop vanilla ice cream, 1 tablespoon peanut butter, 13 oz. fried chicken breast, 1/4 cup canned tuna, 13 oz. broiled beef patty, 1/4 cup baked beans, 1 fried egg, sunny side up, 3 oz. broiled haddock, 4 pecan halves, 1/2 banana, 1/4 small cantaloupe, 6 strawberries, 16 oz. glass orange juice, 1 whole fresh peach, 16 oz. glass apple juice, 2 canned pear halves, 1 whole fresh Bartlett pear, 1/2 cup cooked green beans, 1/2 cup broccoli, 1/2 cup canned whole kernel corn, 2/3 cup tossed salad, 1 baked potato, 1/2 cup cooked cauliflower, 1 slice white bread, 1 slice whole wheat bread, 6 salted soda crackers, 3/4 cup dry cereal, 2 halves hamburger bun, 1/2 cup cooked white rice, 1/2 cup cooked spaghetti, 1 flour tortilla, 1/2 cup oatmeal, and 3 plain breadsticks.
Fort Atkinson, WI: NASCO, c1993.
CALL NO: Kit no. 207
Summary: Contains models of a variety of foods from which to choose each day in order to get both the necessary nutrients and the right amount of calories to maintain a healthy weight.

Nutrition and exercise for the 1990's
1 videocassette (35 min.) (VHS), 1 teacher's guide, 1 activity log, and food group sheet
Pleasantville, NY: Sunburst Communications, 1989.
CALL NO: Videocassette no. 516
Summary: This program is designed to give students the latest facts about nutrition and exercise. It explains the components that make up a nutritionally adequate diet and demonstrates the effect of exercise on energy requirements.

Nutrition for the adolescent athlete
Joanie Hildenbrand
1 volume
Oklahoma City: Oklahoma State Dept. of Education, 1991.
CALL NO: TX361.A8H55 1991
Summary: Discusses how to identify the six nutrient classifications as they relate to nutrition for the adolescent athletic; the electrolytes involved in athletic performance; ways to avoid dehydration; how to calculate basal metabolic rate; how to calculate calorie requirements to maintain weight; how to determine number of grams required for each energy nutrient; how to measure body fat; and how to plan menus.

Pregnant teens taking care
Ed Schuman
1 videocassette (22 min.) (VHS) and 1 discussion guide
Los Angeles, CA: Wexler Films: Distributed by Churchill Films, 1989.
CALL NO: Videocassette no. 743
Summary: This video program discusses the importance of nutrition and early medical care during pregnancy and describes the ways in which the mother's eating habits affect the fetus as well as the risk of "casual" use of drugs, alcohol and cigarettes during pregnancy. Also the ways in which an unplanned pregnancy changes a teenager's life, the denial and depression which can accompany unplanned pregnancy and the value of support are discussed in depth.

Pyramid power: the food guide game
University of Nebraska Cooperative Extension in Lancaster County; Alice Henneman and LaDeane R. Jha
1 game (2 sets of rules, 6 sheets game cards, 1 set question cards, 2 identical Pyramid fact sheets, 1 checking chart, and 1 promotional flyer)
Lincoln, NE: University of Nebraska, Cooperative Extension, 1994.
CALL NO: Game no. 32
Summary: Game for one or more players in which players answer 25 questions dealing with various aspects of nutrition. For every question a player can answer yes, the player circles the corresponding number on the card. A player wins if five numbers in any row across are circled.

Pyramid plus: a star-studded guide to food choices for better health
29 identical charts, 3 wall charts, 1 pamphlet, 1 instructor's guide, 6 lesson plans, 1 reading list, 20 duplicating masters, and 1 evaluation form
Portland, OR: Nutrition Education Services/Oregon Dairy Council, c1993.
CALL NO: Kit no. 171
Summary: Based on the 1992 USDA Food Guide Pyramid, incorporates nutrient density to give a new perspective on food groups. Designed to help people choose foods for better health.

Ready reference cards
Illinois: NET, 1992.
CALL NO: Graphic no. 294
Summary: Each card contains information on activities for a specific aspect of nutrition including nutrients, calories, nutrition labeling, use of supplements, breakfast, nutrition and the athlete, food safety, healthy food choices, fast food restaurants, nutrition and physical fitness, teen pregnancy, and weight control.

Real people coping with eating disorders
1 videocassette (27 min.) (VHS) and 1 teacher's guide
Pleasantville, NY: Sunburst Communications, Inc., 1989.
CALL NO: Videocassette no. 778
Summary: Documents the stories of three young people recovering from eating disorders: bulimia, anorexia nervosa.

Real people meet a teenage anorexic
Rebecca Goalby
1 videocassette (18 min.) (VHS) and 1 teacher's guide
Pleasantville, NY: Sunburst Communications, 1989.
CALL NO: Videocassette no. 779
Summary: Designed to help viewers understand the pathology underlying anorexia by providing an in-depth picture of a young anoretic and her struggle to overcome her compulsion to refuse food.

Sound nutrition for teenage mothers-to-be
Theodosia Underwood
2 posters and 1 videocassette (VHS)
Tallahassee, FL: Florida Nutrition Education & Training Program, State of Florida, Department of Education, c1991.
CALL NO: RG556.5.S68-1991
Summary: This module, with an accompanying video, is designed to be used in teen parenting classes to promote quality nutrition throughout pregnancy.

Sci-fi diet
1 videocassette (VHS) and 1 guide
Tallahassee, FL: Florida Nutrition Education and Training, Florida Department of Education, Florida State University, 1990.
CALL NO: Videocassette no. 1166
Summary: Designed to be used in conjunction with commercially available diet analysis software, this program provides nutritional information and offers instructions for recording diet intake.

Smart moves for your health
Richard Selover
1 videocassette (6 min., 30 sec.) (VHS), 1 teacher's guide, 1 activity book, 2 posters, and 1 leaflet
Rosemont, IL: National Dairy Council, 1990.
CALL NO: Videocassette no. 1170
Summary: Designed to help motivate teenagers make wise decisions about their eating and exercise habits to improve their overall health. Presents a 4-step model to follow to plan improvements in those habits.

Smart start
Department of Child Nutrition and the Department of School Improvement Services, Illinois State Board of Education
1 videocassette (14 min.) (VHS)
Alexandria, VA: American School Food Service Association, 1989.
CALL NO: Videocassette no. 1184
Summary: Stresses the importance of nutrition to the learning process. Breakfast programs have been particularly beneficial to Illinois school children.

Sports nutrition fact sheets and classroom activities
Jocie Iszler and Kathleen Melaas
1 volume
Nutrition Education and Training Program, Child Nutrition and Food Distribution Programs, North Dakota Dept. of Public Instruction, 1991.
CALL NO: TX361.A8I89 1991
Summary: Discusses topics including the training diet; what to eat before and after an athletic event; the importance of water; the effect of saccharin, aspartame, sugar, and caffeine; eating disorders; specific concerns, etc.

Sports nutrition: fueling a winner
Cambridge Career Products
1 videocassette (60 min.) (VHS) and user's manual
Charleston, WV: Cambridge Research Group, 1989.
CALL NO: Videocassette no. 862
Summary: Dispels some popular nutrition myths and educates the athlete regarding proper nutrition. Shows how the athlete's diet differs from the normal diet and how to calculate amounts of food to eat to maintain weight in spite of heavy exercise. Also discusses the importance of water.

Teenage parents: pregnancy
16 sheets
Stillwater, OK: Cooperative Extension Service, Oklahoma State University, c1992.
CALL NO: RG556.5.H86 1992
Summary: Each sheet covers a different aspect of pregnancy. Topics covered include daily food choices, complex carbohydrates and fiber, how the baby depends on foods the mother eats, iron, calcium, weight gain, overweight and underweight, morning sickness, heartburn, constipation, exercise, fast foods, alcohol, drugs, and smoking during pregnancy.

The truth about alcohol
Jean Robbins, Susan Simmons, Cynthia Benjamin, and Herb Sevush
1 videocassette,(20 min.) (VHS) and 1 teacher's guide/script
Pleasantville, NY: Sunburst Communications, Inc., 1991.
CALL NO: Videocassette no. 1148
Summary: Designed to provide middle-school students with facts about alcohol such as what alcohol is, how it acts on the body, and why young people are so vulnerable to its dangers. Focuses on situations adolescents can relate to their own lives: peer pressure to drink, problems caused by drinking and driving, and the emotional trauma of living with a parent who abuses alcohol.

The tubes: fat foods
Dixie Havlak
36 glass tubes containing plastic representations of fat and 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
CALL NO: Model no. 21
Summary: A visual representation of the fat content in 36 food items, including several served in popular fast food restaurants. Examples include a Whopper with cheese, a Kentucky Fried chicken breast, and a Wendy's baked potato, as well as Doritos chips, french fries, cheddar cheese, ice cream, etc.

The tubes: sugar foods
Dixie Havlak
22 glass tubes containing sugar and 1 stand
Olympia, WA: Lifetime Nutrition, c1990?
CALL NO: Realia no. 5
Summary: A visual representation of the sugar content in 22 food items, including several brand name foods. Examples include Skippy peanut butter, Fruit & Fiber cereal, Pepsi Cola, Fruit Loops cereal, and Jello, as well as canned peaches, a candy bar, ketchup, graham crackers, syrup, sweetened iced tea, etc.

Vegetarian diet supplement food package
Life/form replicas; 11 plastic models
Contents: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham crackers, and chocolate chip cookie.
Ft. Atkinson, WI: NASCO, 1990.
CALL NO: Model no. 12
Summary: This supplements the vegetarian package.

Vegetarian food package
Life/form replicas; 34 plastic models
Ft. Atkinson, WI: NASCO, 1990.
Contents: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.
CALL NO: Model no. 10
Summary: This package of vegetarian food models illustrates how to eat a healthy lacto-ovo (dairy and eggs) vegetarian diet and a vegan (all vegetable) diet.

Your active body digestion and absorption
Bill Walker Productions, Inc.
1 videocassette (10 min., 35 sec.) (VHS) and 1 guide
Northbrook, IL: Coronet Film & Video, 1987.
CALL NO: Videocassette no. 752
Summary: The video program is designed to introduce young people to the processes of digesting food and absorbing the nutrients from that food. Set in the comparison context of a zoo, young people are shown how the body works to digest food from the tearing action of teeth to the workings of molecules to feed the body. Proper nutrition is also discussed in the text of the food which zoo keepers feed to the zoo animals.

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Resources for Adults

KFOOD special report: eating right, making choices
Television Services, Portland Public Schools and the Oregon Dept. of Education
1 videocassette (5 min., 55 sec.) (VHS)
CALL NO: Videocassette no. 2284
Summary: Shows how various schools offer food choices to students. Discusses benefits of offering choices: more kids eat, lines move faster, schools save money, and help the environment.

ONE: orientation for nutrition employees: a school nutrition training series
Georgia Public Telecommunications Commission for School and Community Nutrition Division, Georgia Department of Education
8 videocassettes and 8 instructor's guides
Atlanta: The Department, c1993.
CALL NO: Videocassette no. 1906
Summary: Consists of sixty 30-minute lessons that present basic school nutrition training in sanitation, safety, meal pattern requirements, quantity food production, nutrition, school nutrition history and philosophy, merchandising, team work, and customer service skills.

As a matter of fat
University of New Hampshire Cooperative Extension in cooperation with NH Division of Public Health Services, Bureau of Health Promotion.
1 leader's guide, 8 fact sheets, 10 pamphlets, and 50 duplicating masters
Durham, NH: University of New Hampshire Cooperative Extension, c1991.
CALL NO: Kit no. 163
Summary: Developed to help consumers decrease the amount of fat in their diet. The guide is a compilation of information and resources designed to help the health professional create and implement dietary fat reduction programs. The fact sheets provide consumers with practical tips on reducing dietary fat.

Breakfast makes it happen
National Food Service Management Institute and National Dairy Council; produced by Murphy & Associates
1 videocassette (13 min., 20 sec.) (VHS), 1 leader's guide, 3 charts , and 1 pamphlet
Rosemont, IL: National Dairy Council, c1995.
CALL NO: TX733.B73 1995
Summary: Discusses how a school breakfast program can benefit the children who participate, their parents, and the community.

Building for the future: nutrition guidance for the Child Nutrition Programs: guidance for the promotion of healthy eating for children and teens, participating in the U.S. Department of Agriculture's Child Nutrition Programs
61 p.
Alexandria, VA: United States Dept. of Agriculture Food and Nutrition Service, 1992.
CALL NO: aTX353.U5 no. 279
Summary: Discusses why fad diets don't work; why a realistic diet plan will include the dieter's favorite foods; how eating habits are tied to feelings; why dieting alone isn't the answer; and how to use mental imaging, worksheets, and a goal board to help achieve the desired weight. Also discusses diet programs, diet drinks, diet pills, etc.

Child nutrition and Dietary Guidelines course for school food service personnel
Indiana University of Pennsylvania for the Pennsylvania School Food Service Association and the Pennsylvania Department of Education
199 leaves
Harrisburg, PA?: The Department?, 1992.
CALL NO: TX945.C44 1992
Summary: 10-hour formal training course towards meeting requirements of the American School Food Service Association Certification Program. Intended to provide school food service personnel with the knowledge and the skills needed to produce meals which appeal to school-aged children and fulfill their nutritional requirements. Contains lessons on public health goals in nutrition; basics of nutrition; Dietary Guidelines; meal pattern requirements; serving vegetables, fruits and grain products; offering meals low in fat, saturated fat and cholesterol; offering and using sugars in moderation; offering and using salt and sodium in moderation; etc.

Chinese American food practices, customs, and holidays
36 p.
Chicago, IL: American Dietetic Association and American Diabetes Association, 1990.
CALL NO: RC662.C465
Summary: This book offers an evaluation and recommendations for the Chinese American diet as it pertains to the non-insulin dependent diabetic (NIDDM), which is a major health problem for older Chinese Americans.

Cholesterol in school age children: a program to develop awareness
Johanna C. Burani
1 volume and 19 transparencies
Mendham, NJ: Infinity Impressions, Ltd., 1990.
CALL NO: RM237.75.B87 1990
Summary: The objectives of this program are to increase understanding of cholesterol levels in the blood and risks that may accompany elevated levels; to introduce heart-healthy food choices that encourage an adequate, but not excessive daily intake of dietary fats; and to promote regular exercise as beneficial to general health.

Classroom activities in nutrition in teenage pregnancy
Barbara A. Hetzel and Dian Gans
166 p.
Madison, WI: Wisconsin Dept. of Public Instruction: Available from the Dept.'s Publication Sales, 1990.
CALL NO: RG556.5.G3 1990
Summary: This book offers teachers of school-age parents a wealth of information, resources, and ideas whose effects are far reaching in support of two generations, those born today to teenage parents and the teenage parents who bear them. The lessons' step-by-step format can make lesson and unit planning much more efficient. The lessons have been revised to reflect increasing concern that the information is accessible to students from multicultural backgrounds and with diverse levels of reading competency.

Coaching skills for school food service managers
2 booklets and 1 cap
Virginia: Virginia Nutrition Education & Training, 1995.
CALL NO: Kit no. 305
Summary: Designed to prepare Child Nutrition Program managers for their role as coaches for their employees. Covers personal characteristics of good coaches; situations that can be improved by coaching; and steps in coaching.

Comprehensive adolescent pregnancy services: a resource guide
K.A. Holt and K. Langlykke, editors
81 p.
Arlington, VA: National Center for Education in Maternal and Child Health, 1993.
CALL NO: HQ759.4 H64 1993
Summary: Contains an annotated bibliography about adolescent pregnancy, and efforts to prevent it. Subjects covered are: general information, data, needs assessment, program evaluation, pregnancy prevention, perinatal care, prenatal and infant nutrition, substance use during pregnancy, parenting and child care, and adoption. Includes a directory of organizations concerned with teenage pregnancy, and a listing of commercial producers of educational materials for adolescents. Designed for both professionals and consumers.

Cooking for kids
1 volume
Tallahassee, FL: State of Florida Department of Education, 1993.
CALL NO: TX945.2.C66
Summary: Developed in response to requests from Florida sponsors and staff of the USDA's Child Care Food Program and others. Shows how to select economical, pleasant, and safe layout designs for the facility's kitchen; select practical and cost-efficient equipment and supplies; select appropriate accessory equipment and supplies; select equipment and plan kitchens and dining areas for babies and handicapped children with special needs; locate further information on specific equipment and sanitation codes from local regulatory agencies; consider aspects of food safety when planning a kitchen; consider issues of child development in order to make mealtimes pleasant and rewarding for the children; and plan meals for special occasions.

Cook' choice
Peter Scott, Jennifer Parenteau, and Jane Gullett
1 videocassette (7 min., 32 sec.) (VHS)
Portland, OR: Television Services, Portland Public Schools: Oregon Dept. of Education, c1994.
CALL NO: Videocassette no. 2283
Summary: Discusses how to providing students with food choices leads to satisfied customers and less waste. Shows how to manage these choices with menu development, physical setup, and self service.

Dietary guidelines and children's nutrition: a survey of health care professionals
51 p.
Rosemont, IL: National Dairy Council, 1995.
CALL NO: TX361.C5D544 1995
Summary: This report is based on the findings of a survey which reviewed perceptions about a number of current dietary guidelines and children's health and nutrition. Specific topics included: familiarity and use of current dietary guidelines; factors influencing chronic disease; issues in children's nutrition and areas of improvement; credibility of nutrition sources; need for child-specific dietary guidelines; etc.

Cut the fat in your diet: following the Food Guide Pyramid
Christina Vuckovíc
1 videocassette (28 min.)(VHS) and 1 study guide sheet
Huntsville, TX: Educational Video Network, c1994.
CALL NO: RA784.C88 1994
Summary: Explains the effects of dietary fats upon the body and gives practical tips on healthy eating and food preparation.

Dietary guidelines and children's nutrition: a survey of health care professionals
51 p.
Rosemont, IL: National Dairy Council, 1995.
CALL NO: TX361.C5D544 1995
Summary: This report is based on the findings of a survey which reviewed perceptions about a number of current dietary guidelines and children's health and nutrition. Specific topics included are: familiarity and use of current dietary guidelines; factors influencing eating and food purchasing habits; factors influencing the risk of chronic disease; credibility of nutrition information sources; issues in children's nutrition and areas of improvement; the need for child-specific dietary guidelines; level and effects of fat in a child's diet; involvement of various groups in nutrition education; availability of data regarding the long-term effects of diet on health; attitudes toward the future of children's diet and health; etc.

Dietary guidelines pilot program summary: fifteen participating schools, May 1, 1993 to June 1, 1995
30 p., 6 leaves, and 1 map
Springfield, IL: Illinois Nutrition Education and Training Program, c1995.
CALL NO: LB3479.U6D548 1995
Summary: Summary of the dietary guidelines pilot program conducted in the state of Illinois to determine whether the Dietary Guidelines for Americans could be successfully implemented in school meal programs. The pilot program provided valuable information which can help to implement new USDA regulations in the National School Lunch and school breakfast programs.

Eat to learn, learn to eat: the link between nutrition and learning in children
40 p.
Washington, DC: National Health/Education Consortium, 1993.
CALL NO: TX361.C5T76 1993
Summary: Discusses the problem of poor nutrition in America, the link between poor nutrition and learning in children, and how to expand and improve child nutrition programs.

Eating disorders: a question and answer book about anorexia nervosa and bulimia nervosa
Ellen Erlanger
64 p.
Minneapolis, MN: Lerner Publications Co., 1988.
CALL NO: jRC552.A5E75
Summary: This easy-to-read text discusses anorexia nervosa and bulimia nervosa. Several personal stories are related concerning these disorders and the text attempts to answer such questions as: What are the characteristics of bulimia and anorexia? What are the physical damages of eating disorders? What emotional pressures contribute to these disorders? What can you do to help an anoretic or bulimic who is resisting help?

Experience: the dietary guidelines
Center for Fiscal & Shared Services, Financial Outreach Services Division and Center for Learning Technologies, Technology Outreach Division; in cooperation with Illinois Nutrition Education and Training Program
1 videocassette (12 min., 24 sec.) (VHS)
Springfield, IL: Illinois Board of Education, c1995.
CALL NO: Videocassette no. 2242
Summary: Consist primarily of interviews with food service staff, principals, students, and educators explaining successful ways to implement the Dietary Guidelines for Americans in schools.

Fast food facts Revised
Office of Minnesota Attorney General Hubert H. Humphrey III
15 p.
St. Paul, MN: Minnesota Attorney General's Office, c1994.
CALL NO: TX551.F37 1993
Summary: Contains the calorie, fat, sodium, and cholesterol counts of menu items from popular fast food restaurants, based on the companies' own nutritional analyses.

Fast food facts: complete nutrition information on more than 1,500 menu items in 37 of the largest fast food chains 4th edition
Marion J. Franz
112 p.
Minneapolis, MN: Chronimed Publishing, c1994.
CALL NO: TX551.F74 1994
Summary: Includes complete, easy-to-understand charts; updated calorie, carbohydrate, protein, fat, saturated fat, cholesterol, and sodium content per serving; complete exchange values for each menu item; special designations for menu items high in sugar, salt, or fat; special categories for items "for occasional use only" or "not recommended"; and suggested meal plans to meet recommended nutritional guidelines.

Father hunger: fathers, daughters, & food 1st edition
Margo Maine
254 p.
Carlsbad, CA: Gürze Books, c1991.
CALL NO: RJ506.E18M35 1991
Summary: This book explores eating disorders in women as a culturally induced phenomenon the author calls "father hunger," or "relationship disappointment" where fathers are physically or emotionally disconnected from their families. Treatment, solutions, and resolutions are offered for families.

Feeding for the future: exceptional nutrition in the I.E.P.
Multivision Video & Film
Presented by Nutrition Education and Training Program of Florida Dept. of Education in collaboration with Florida International University and Dade County Public Schools
1 videocassette (19 min.)(VHS) and 1 guide
Tallahassee, FL: Florida Dept. of Education, Food and Nutrition Management Section, c1993.
CALL NO: Videocassette no. 2286
Summary: This video was created to help caregivers of exceptional children build self feeding skills and improve the nutritional health of these children.

Food for thought: an information package
Developed by Educational Services Program, Florida State University and Knowles Video, Inc. for the Panhandle Area Educational Consortium and the Food and Nutrition Management Section, Florida Dept. of Education
1 videotape, 4 brochures, and 1 booklet
Tallahassee, FL: Florida Dept. of Education, c1996.
CALL NO: Kit no. 312
Summary: Explains the relationship between nutrition and learning and encourages school food service managers to coordinate with school improvement advisory councils.

Food Guide Pyramid training
1 set teaching materials
Georgia: Office of Nutrition, Georgia Dept. of Human Resources: distributed by Georgia Center for Continuing Education, the University of Georgia, c1993.
CALL NO: Kit no. 214
Summary: The purpose of this kit is to emphasize the importance of diet in health promotion and disease prevention. The kit is divided into 3 modules dealing with fats, sweets, and oils; foods and nutrients; and applying the Food Guide Pyramid.

Food in China: a cultural and historical inquiry
Frederick J. Simoons; maps by Mary Beth Cunha
Boca Raton: CRC Press, 1991.
CALL NO: GT2853.C6S56
Summary: This book is a study of Chinese food from a cultural and historical perspective. The historical focus is on traditional China of the nineteenth and early twentieth centuries, before the establishment of the People's Republic.

Food labels
Paul Fuqua and John Colgren
1 videocassette (15 min.)(VHS)
Niles, IL: United Learning, c1994.
CALL NO: Videocassette no. 2135
Summary: Designed to help individuals read labels on food products and to develop healthy eating habits.

Food, physical activity and fun: what kids think
Conducted for the American Dietetic Association and International Food Information Council in cooperation with the President's Council on Physical Fitness and Sports; prepared by the Gallup Organization
42 p.
Chicago, IL: American Dietetic Association, National Center for Nutrition and Dietetics; Washington, DC: International Food Information Council: President's Council on Physical Fitness and Sports, 1995.
CALL NO: TX361.C5F64 1995
Summary: The topics covered in the study upon which this report is based included physical activity, health and nutrition. Trend data are provided in the report. Specific topic areas included are attitudes toward food and nutrition; ratings of personal eating habits; frequency of eating meals with family; frequency of specific meals skipped in typical week; school lunch habits; awareness of the Food Guide Pyramid; sources of information about food and nutrition; attitudes toward physical activity; reasons for participation/non-participation in physical activity; people influential in encouraging child to participate in physical activity or exercise; leisure activities/sports; participation in physical activities; frequency of exercise/sports activities; and participation in physical education class.

Food power: a coach's guide to improving performance 3rd edition
40 p., 12 duplicating masters, and 3 posters
Rosemont, IL: National Dairy Council, c1994.
CALL NO: TX361.A8F6 1994
Summary: Presents the latest findings from research related to athletic performance. Provides practical ideas to help implement findings. Covers specific sports as well as general information on nutrition basics, fluids, fuel for sports, food for athletes, body composition, weight control, sports misinformation, etc.

For our kids' sake: how to protect your child against pesticides in food
Anne Witte Garland
87 p.
New York, NY: Natural Resources Defense Council, 1989.
CALL NO: TX571.P4G37
Summary: This book presents information about the hazards of pesticides in children's food. The author encourages reforms of current pesticide usage. In the interim, the author provides suggestions for decreasing the ingestion on pesticides, one solution is to simply wash all produce.

Guide for evaluation of nutrition educational materials
Karen J. Oby
26 p.
Bismarck, ND: MCH/WIC, North Dakota State Dept. of Health, 1989 - 1990.
CALL NO: TX364.G82
Summary: This booklet provides criteria for evaluating materials used in the North Dakota WIC Program for client or staff instruction. A checklist of characteristics to be examined in written and audiovisual materials is provided in addition to readability formulas, examples of sponsor bias and promotion, and recipe guidelines.

Hand in hand: food service and the classroom: partners in education
8 p.
Springfield, IL: Illinois State Dept. Of Education, c1995.
CALL NO: LB3479.U6H36 1995
Summary: This booklet was developed by the Nutrition Education Committee of the Midwest Region 5-Star Child Nutrition Task Force.

Handbook and resource guide for health care providers: the healthy eating food guide: a nutrition education tool for Native Americans with diabetes
Betty Page Brackenridge
36 p.
Albuquerque, NM: Indian Health Service Diabetes Program, c1995.
CALL NO: RC662.B74 1995
Summary: Discusses diabetes nutrition education priorities and strategies; the healthy eating Food Guide Pyramid for Native Americans with diabetes; and teaching with the healthy food guide.

Health action team: guide for school and community nutrition intervention focusing on the Dietary Guidelines for Americans
Gloria Bourdon
1 set instructional materials
Little Rock, AK: Arkansas Dept. of Education, c1995.
CALL NO: Kit no. 250
Summary: This manual was developed to assist members of the school health teams to create successful integrated programs to provide better health education and services to students. The HAT teams will develop and implement a comprehensive school health education project utilizing classroom education, cafeteria environment, school meal choices, and the 1990 Dietary Guidelines for Americans as vehicles to impact the dietary choices of students.

Health action team training manual, 1995
Gloria Bourdon; Wanda Shockey, editor
1 set instructional materials, 26 transparencies, and 22 duplicating masters
Little Rock, AK: Arkansas Dept. of Education, c1995.
CALL NO: Kit no. 249
Summary: The manual is divided into sections covering the following topics: training preparation steps; training presentation outline; training tools; adult teaching strategies; grant administration; and resources.

Healthy cooking for kids: 1995 breakfast lunch training
1 videocassette, 1 handbook, 2 sheets lesson plans, and 1 evaluation form
University, MS: National Food Service Management Institute, c1995.
CALL NO: Kit no. 272
Summary: Discusses new methods of food preparation and presentation for school food service program meals. The goal of the program is for students to find that the most appealing food choices are the healthiest ones.

Healthy cuisine for kids workshop
1 trainer's notebook, 1 laboratory production and recipe book, 1 participant's manual, 1 press release, and 1 evaluation form
University, MS: National Food Service Management Institute, c1995.
CALL NO: Kit no. 300
Summary: Designed to help program administrators improve the nutritional quality and acceptability of school meals through application of food preparation techniques that implement the principles of the Dietary Guidelines for Americans. Emphasis is placed on the use of fat, sodium, and sugar; increasing the use of vegetables, fruits, grains, and healthy desserts; and the use of flavor enhancers and presentation techniques that attract the customer.

The healthy menu program
1 manual and 168 duplicating masters
Washington, DC: U.S. Dept. of Health and Human Services, Public Health Service, c1993.
CALL NO: Kit no. 244
Summary: The aim of the Healthy Menu Program was to introduce an expanded selection of healthful foods and on-site nutrition education.

Healthy menus and recipes for the summer food service program
1 videocassette (35 min.)(VHS)
Harrisburg, PA: Pennsylvania Dept. of Education, Division of Food and Nutrition, c1995.
CALL NO: Videocassette no. 2289
Summary: Designed to help food service providers integrate the book into their programs. The goal is to provide healthy meals that meet the USDA's Dietary Guidelines as they pertain to children.

Healthy school meals training: Washington D.C. make-up training session, March 26-28, 1996
1 volume
Alexandria, VA: U.S. Dept. of Agriculture, Food and Consumer Service, c1996
CALL NO: aTX361.C5H43 1996
Summary: This manual is designed to help school food service staff implement the U.S.D.A.'s School Meals Initiative for Healthy Children, and ensure school meals that will improve the health and education of children in the United States. Lessons cover program requirements for food-based menus, NuMenus and Assisted NuMenus; the Dietary Guidelines as applied to children; standardized recipes and preparation techniques; food procurement; menu planning; nutrient databases and software for child nutrition programs; nutrient analysis; and marketing healthy school meals.

A healthy you, a healthy baby: answers for the pregnant teen
Boston, MA: Massachusetts Dept. of Public Health, Massachusetts WIC Program, Nutrition Education Task Force, 1989.
CALL NO: TX361.W55W52 no. 285
Summary: This folded sheet provides nutrition and diet information for pregnant teenagers. The four food groups and the need for a balanced diet are discussed. Other topics include: weight gain, smoking, alcohol, drugs, nausea and vomiting, constipation and heartburn.

A heart healthy diet: who makes the choices?
1 videocassette, 1 poster, 2 silhouettes, 1 facilitator's manual, and 22 duplicating masters
Pennsylvania?: Northeast Network, Food, Agriculture, and Health Policy Education, 1994?
CALL NO: Kit no. 238
Summary: These are materials from a workshop that provides basic information about the relationship between diet and heart disease and the importance of limiting the amount of total fat, saturated fat, and cholesterol in the diet.

Hey, what's cookin'?: recipes for a school food service revolution
John Kerr
1 videocassette (35 min.)(VHS)
Austin, TX: Texas Nutrition Education & Training Program, c1995.
CALL NO: Videocassette no. 2185
Summary: Looks at six dynamic school foodservice programs that combine innovative marketing, quality products, and good nutrition to win over students, faculty, parents, and administrators.

Hispanic foodways, nutrition, and health
Diva Sanjur
336 p.
Boston: Allyn and Bacon, c1995.
CALL NO: TX361.H57S265 1995
Summary: This book focuses on the Hispanic population in the United States. Reviews sociodemographic data, migration patterns, economic, health, and nutritional concerns. Discusses the persistence of ethnic effects on food habits and the role of women in nutrition; details dietary strengths and weaknesses among various Hispanic groups; examines diet-related disease and obesity and obesity as present-day problems among certain segments of the Hispanic population; presents a discussion of the Dietary Guidelines and their application to the Hispanic diets; demonstrates how to reach Hispanics through diet counseling and nutrition education; and provides useful techniques and approaches for assessing food intake among Hispanics.

Hmong American food practices, customs, and holidays
Joanne P. Ikeda
24 p.
Chicago, IL: The American Dietetic Association; Alexandria, VA: American Diabetes Association, c1992.
CALL NO: RC662.I34 1991
Summary: Discusses traditional Hmong food and health beliefs, traditional and current practices, holiday food customs, and implication of current dietary practices.

Illinois NET works
Illinois NET, Dept. of Child Nutrition and the Instructional Technology Section, the Illinois State Board of Education
1 videocassette (25 min., 53 sec.)(VHS)
Springfield, IL: Illinois State Board of Education, c1995.
CALL NO: Videocassette no. 2281
Summary: Describes a pilot program to improve eating habits of Illinois school children based on the USDA Dietary Guidelines for Americans. Shows ways to implement the Dietary Guidelines for Americans in schools. Discusses menu planning, preparation techniques, purchasing of food, etc.

Kitchen math: basic skills
1 curriculum and 1 workbook
Austin, TX: Texas Dept. of Human Services, Nutrition Education and Training Program, c1995.
CALL NO: Kit no. 311
Summary: Created for contractors and program monitors whose facility participates in one or more of the USDA Child Nutrition Programs. The goal is to provide participants with information about basic math skills so that the correct amount of foods are purchased for the number of children and adults participating in their program.

Lean 'n easy: preparing meat with less fat and more taste
The American Dietetic Association and the National Live Stock and Meat Board
1 videocassette (25 min.)(VHS) and 1 leader's guide (15 p.)
Chicago, IL: The Board, c1994.
CALL NO: Videocassette no. 2133
Summary: Teaches that a low-fat diet doesn't need to be costly, tasteless, or time consuming; it is not necessary to avoid favorite foods to lower fat intake. Included are tips for shopping, label reading, food preparation, cooking techniques, and safe storage and handling of foods.

Learning the new food labels: an educator's slide kit
Constance J. Geiger and Patricia H. Harper
52 slides and 1 guide
Chicago, IL: American Dietetic Association, c1994.
CALL NO: Slide no.464
Summary: The purpose of this kit is to provide nutrition educators with an overview of the food label changes that were brought about by the Nutrition Education and Labeling Act of 1990.

Learning through laughter
Robyn Flipse and Nutrition Education for the Public Dietetic Practice Group of the American Dietetic Association
80 p.
Chicago, IL: American Dietetic Association, 1990.
CALL NO: QP143.L43
Summary: This collection of cartoons is designed to guide teachers and provide examples on how to increase student awareness of good nutrition through humor, or use of cartoons.

Living well in Florida schools
Ruth V. Kangas, et al.
203 leaves
Tallahassee, FL: State of Florida Dept. of Education, Dept. of Health and Rehabilitative Services, Florida Nutrition Education & Training Program, 1988.
CALL NO: TX354.K35
Summary: The program was developed for school food service personnel, but may be utilized by others with an interest in personal health. This program is designed to be a self-study correspondence course with a designated monitor in each participating county. The text covers overall wellness, nutrition, exercise, stress and addictions in ten chapters. Each chapter takes about one to two hours to complete, but should be carried out over a week, to ensure behavior changes.

Lower your cholesterol, now! Updated
Leni Reed
1 videocassette (33 min.)(VHS) and 1 pamphlet
Austin, TX: Family Experiences Productions, c1994.
CALL NO: Videocassette no. 2094
Summary: None given.

Making the honor roll
Advocates for Better Children's Diets
8 booklets, 1 newsletter, 1 brochure, and 1 card
Washington, DC?: Advocates for Better Children's Diets, c1995.
CALL NO: Kit no. 248
Summary: Recognizes successful schools for efforts to improve the nutritional quality of meals served to kids. Also serves as an action guide for other schools to improve their child nutrition programs.

Management workshop: basics of menu planning: student packet
Child Nutrition Programs
1 volume (unpaged)
Oklahoma City, OK: Oklahoma State Dept. of Education, 1993.
CALL NO: LB3479.U6M362 1993
Summary: The goal of the workshop is to promote nutritious and appetizing meals of all participants of the Child Nutrition Programs. The workshop participants review the basics of menu planning, identify a system for menu planning, define steps in planning a menu, define terms for menu planning, evaluate menus, obtain a better knowledge of offer versus serve, identify a reimbursable lunch, calculate quantity of food needed, and review meal pattern requirements in the School Breakfast Program.

Mirror mirror: a resource guide for helping adolescents develop a positive body image and maintain a healthy weight
4 pamphlets, 9 duplicating masters, and 1 resource guide
Chicago, IL: Education Dept., National Live Stock and Meat Board, c1992.
CALL NO: Kit no. 162
Summary: A resource packet for school professionals to use with adolescents who have concerns about their body weight, shape, and image. Primary goals of the programs are to help adolescents develop a more healthy lifestyle and positive body image.

Nutrition a la culture: nutrition education units for minority groups served by the WIC and MAC programs
12 brochures, 254 duplicating masters, and 1 lesson plan
Minneapolis, MN: Minnesota WIC Program, Minnesota Department of Health, 1992.
CALL NO: Kit no. 184
Summary: Designed to provide background information for WIC staff who work with various cultural groups. Also provides activities and handout materials that can be used with clients.

Nutrition and handicapped children: a handbook for parents and teachers
Nancy Wellman
46 p.
Tallahassee, FL: State of Florida, Department of Education, 1988.
CALL NO: TX361.H35W45 1988
Summary: Provides practical information for parents and teachers regarding common nutrition problems of developmentally delayed children and infants. Discusses loss of appetite and underweight; overweight; vitamin and mineral supplements; pica; allergies; nutrition and dental health; constipation; vomiting, diarrhea and fluid loss; gagging and rumination; infantilism; disruptive mealtime behavior; food texture; the School Lunch Program; diet and hyperactivity; drug nutrient interaction; etc.

Nutrition education and marketing: training module
Roberta Richey and Nancy Lovely, editors
1 set teaching materials
Jefferson City, MO: Nutrition Education and Training Program, Dept. of Health, 1994.
CALL NO: Kit no. 236
Summary: This module is dedicated to the promotion of nutrition education as part of a school's commitment to healthier students. It attempts to address nutrition issues and concerns and offer sound nutritional concepts.

Nutrition education in changing environments
Society for Nutrition Education
20 sound cassettes
Garden Grove, CA: InfoMedix, c1990.
CALL NO: Audiocassette no. 261
Summary: Discusses the following aspects of nutrition: understanding the implications of individual difference in learning for nutrition counseling, cultural sensitivity training for nutrition educators, worksite nutrition education, heart disease, diet and cancer, dietary guidelines, nutrition for the elderly, adolescent nutrition, computer-assisted instruction, weight control, food safety, food prices, food assistance, WIC prenatal care, etc.

Nutrition education resources and bibliography 1993 edition
Columbus: Ohio Nutrition Education & Training Program, Ohio Dept. of Education, 1993.
CALL NO: Z5776.N8N875 1993
Summary: Contains a sampling of the available nutrition education materials and resources intended for use by teachers, food service employees, and school administrators.

Nutrition for a lifetime: a nutrition awareness program
Donna DeLoach, et al.
1 videocassette, 39 pamphlets, 3 duplicating masters, and 1 set resource materials
Tallahassee, FL: State of Florida, Department of Education, 1992 (rev.).
CALL NO: Kit no. 159
Summary: Intended to increase the awareness of administrators, teachers, food service workers, other school system employees and parents about ways to encourage healthy dietary practices with children. Covers such topics as children and adolescent nutrition, healthy ideas for snacking and bag lunches, and general nutrition information.

Nutrition integrity in Virginia
Claudia G. Green
79 leaves
Virginia: Virginia Nutrition Education & Training, c1994.
CALL NO: LB3479.U6G742 1994
Summary: Nutrition integrity, as defined by the American School Food Service Association, is guaranteed level of performance that assures all foods available in schools are consistent with the Recommended Dietary Allowances and Dietary Guidelines. The purpose of this workshop is to determine how to achieve the goal of nutrition integrity of school nutrition programs in Virginia. The workshop focuses on tips for planning menus and preparing food according to the Dietary Guidelines for Americans.

Nutrition management of the pregnant adolescent: a practical guide
Mary Story, editor
182 p.
White Plains, NY: March of Dimes Birth Defects Foundation; Rockville, MD: U.S. Dept. of Health and Human Services; Alexandria, VA: U.S. Dept. of Agriculture; Washington, DC: Available from the National Clearinghouse, 1990.
CALL NO: aRG556.5 N8
Summary: This manual is written for those health care providers and educators involved in the care of pregnant adolescents, including nurses, midwives, nutritionists, and physicians. The objective of the manual is to improve the health and nutritional status of pregnant teenagers and thus promote healthy pregnancy outcome. The document focuses on clinical application of current knowledge emphasizing assessment, counseling approaches, and strategies to promote dietary change and adequate weight gain.

Nutrition resource guide for children with special health care needs Revised 1993
Cynthia Taft Bayerl, Linda D. Piette, and Molly Holland
Boston, MA: Massachusetts Department of Public Health in collaboration with Eunice Kennedy Shriver Center, 1993.
CALL NO: RJ53.D53B39 1993
Summary: None given

Off to a good start: practical nutrition for children 3rd edition
Catherine Romaniello, et al.
200 p.
Englewood, CO: Wildwood Resources, c1992.
CALL NO: TX361.C5R65 1992
Summary: A resource book for those who work with children. Provides nutritional guidelines for children and adults; information on food groups and nutrients needed for growth and development; practical advice regarding consumer decisions; helpful hints for meal planning and food preparation; information on recycling and on conserving energy while cooking. Contains activities for children.

Offer vs. serve: the right choice!
David Allaway, et al.
1 videocassette (10 min., 17 sec.) (VHS)
Portland, OR: Oregon Dept. of Education: Television Services, Portland Public Schools, c1994.
CALL NO: Videocassette no. 2282
Summary: Discusses offer versus serve, a program that increases participation in school meal programs, decreases serving time and food waste, and gives students the opportunity to make good choices.

Orientation for nutrition employees: print lessons
2 volumes
Atlanta, GA: School and Community Nutrition Division, Georgia Dept. of Education, c1993.
CALL NO: TX945.2 O75 1993
Summary: Consists of sixty 30-minute lessons that present basic school nutrition training in sanitation, safety, meal pattern requirements, quantity food production, nutrition, school nutrition history and philosophy, merchandising, team work, and customer service skills.

Project 2001: nutrition for a new century
1 set informational materials, 1 pamphlet, 18 duplicating masters, 1 sheet stickers, and 1 press release
Dallas, TX?: Southwest Region, Food and Nutrition Service, U.S. Dept. of Agriculture, 1993?
CALL NO: Kit no. 158
Summary: Project 2001 is an invitation to schools to shape their food service around the concept of the Food Guide Pyramid. Kit contains project information and promotional materials for parents and food service staff.

Providing for the special food and nutrition needs of children
Kathleen Yadrick and Jeannie Sneed
61 p.
Hattiesburg, MS: Division of Applied Research, National Food Service Management Institute, University of Southern Mississippi, c1993.
CALL NO: TX361.H35Y33 1993
Summary: Results of a study undertaken to determine: the number and types of conditions requiring special diets and diet modifications required by children with special needs who attend schools that provide USDA-funded meals; administrative requirements for meeting special food and nutrition needs of children; costs involved in providing modified meals; continuing education needs of school nutrition employees, school nutrition managers, and district school nutrition directors/supervisors.

Putting the Pyramid into practice
40 slides, 1 script, 1 booklet, 3 lesson plans, and 1 order form
Seattle, WA: Washington State Dairy Council, 1993.
CALL NO: Kit no. 192
Summary: Explains what the Food Guide Pyramid is and discusses how to use it. Users learn how to determine serving sizes, plan meals based on the Pyramid, and how to rate their diets.

Pyramid packet
1 wall chart, 15 transparencies, 2 brochures, 42 duplicating masters, 10 sheets food cards, 3 table tents, 2 sheets symbols, and 1 sorting mat
University Park, PA: Penn State Nutrition Center, College of Health and Human Development, 1993?
CALL NO: Kit no. 181
Summary: Developed to help educators teach others how to use the Food Guide Pyramid to plan and follow a healthy diet. Includes teaching tips and suggestions.

The road to change
Janet Cope
1 videocassette (25 min.)(VHS) and 1 folder of handout masters
Atlanta, GA: School and Community Nutrition Division, Office of Administrative Services, Georgia Dept. of Education, 1991.
CALL NO: Videocassette no. 1112
Summary: This self-instructional nutrition video and guidebook assist child nutrition staff in improving nutritional status through implementing the Dietary Guidelines. Both show realistic ways to change food gradually in school settings.

School idea and resource kit: eat five servings of fruits and vegetables every day
1 volume (unpaged), 1 sound cassette, 1 poster, 4 wall charts, 6 identical brochures, 1 roll stickers, 1 set handouts, and 1 card
Sacramento, CA: California Dept. of Education, c1994.
CALL NO: TX364.S38 1994
Summary: The activities in this kit are designed to raise awareness and encourage children to eat five servings of fruits and vegetables every day for good health. The kit is organized into six components: classroom power, which includes activities for a large group or classroom of children; student power, which includes awareness activities that students can work on independently at home or at school; family power, which encourages family interaction and increases family awareness of the importance of eating five servings of fruits and vegetables a day; cafeteria power, which includes promotional ideas that encourage students to choose a fruit and vegetable selection at breakfast and lunch; school power, which includes awareness activities that enhance and reinforce the 5 a day message; and community power, which helps students spread the 5-A-Day message to the local community.

School nutrition policies
10 sheets and 1 poster
Annapolis, MD: Maryland State Dept. of Education Nutrition and Transportation Services Office, Program Assistance and Monitoring Section, 1988.
CALL NO: TX360.U62M3
Summary: This nutrition policies packet for schools was designed by the Maryland State Department of Education, Nutrition and Transportation Services Office, to provide assistance in promoting good eating habits by students and a general concern about health and wellness. Components of the packet are: suggestions pertaining to school principals, teachers and food service personnel regarding how to promote good eating habits among students; examples of nutritious foods to be used for school events; a list of resources for nutrition education materials and services available from the Maryland State Department of Education, Nutrition and Transportation Office; and two posters to display in school entitled, "Make the Grade With Good Nutrition."

Seven most popular nutrition myths
National Health Video, Inc.
1 videocassette (17 min.)(VHS)
Los Angeles, CA: National Health Video, c1992.
CALL NO: Videocassette no. 1586
Summary: Educates consumers regarding popular nutrition myths including: bottled water vs. tap water, milk is only for kids, organic foods are better, vitamins can solve every health problem, all foods are bad or good for you, avoid meat because it has fat, and anyone claiming to be a nutritionist can prescribe a diet.

Shapedown just for teens!
Laurel M. Mellin
215 p.
San Anselmo, CA: Balboa Publishing, 1988.
CALL NO: RM222.2.M323 1988
Summary: Shapedown is a 12 week program for treating adolescent obesity, involving the instruction of health professionals (physicians, nutritionists, exercise and/or mental health professionals). Goals promoted for the adolescent are to promote safe short and long-term weight loss, to decrease the risk of adult obesity, to improve weight-related behaviors and attitudes (i.e. self-esteem and body-concept), to facilitate normal psychosocial development, and to increase knowledge of exercise, nutrition and weight management. Concepts addressed through the Shapedown program are exercise, behavioral techniques, cognitive and stress management, communications and social support. Topics included in the teen workbook are: habit assessment; exercise; type of food; hunger; eating cues; speaking up; activity; special occasions; binge eating; preventing relapse and maintaining positive changes after completing the Shapedown program. The instructor's guide provides instructional goals, methods of administration, setting up the program, press releases, legal forms, evaluation instruments, etc.

Smart choice, a guide to healthy food a workbook for school food service personnel
112 p.
Hartford, CT: State of Connecticut Dept. of Health Services, 1990.
CALL NO: TX911.3.T73S6
Summary: This publication discusses the connection between nutrition and cancer and supplies practical suggestions to limit the fat and increase the fiber in school lunches. The objective of this program is to fight cancer through healthy food choices. The school lunch information supplied by this document is intended to provide lunches with an average of 7-8.4 grams of fiber and no more than 27 grams of fat per meal based on a 600-800 calorie lunch for 7-10 year olds. Instructions for modifying recipes to reach these nutritional goals are included.

Sports nutrition Revised
1 volume
Jefferson City, MO: Nutrition Education & Training Program, Division of Maternal, Child & Family Health, Missouri Dept. of Health, c1995.
CALL NO: TX361.A8S665 1995
Summary: This is an edited collection of resources for coaches and physical education teachers or others working with active school-age children. Includes an overview on nutrition for peak performance; information concerning meals, steroids, and eating disorders; and a bibliography.

Sports nutrition packet for adolescents: the nutrition coach
Cathie Pfarr
Camera-ready, two-sided handout masters
Indianapolis, IN: Nutrition Coach, 1994.
CALL NO: TX361.A8P43 1994
Summary: Contains materials developed for athletes in grades 7-12 which are intended to help improve their growth, development and performance. Includes information on fluids, the food groups, and vitamin and mineral ergogenic aids, as well as suggested menus for practice/competition and training tips. To be used by young athletes and parents, teachers, athletic trainers, school food service personnel and coaches.

The strategic plan for nutrition education: promoting healthy eating habits for our children
24 p.
Washington, DC: U.S. Department of Agriculture, Food and Nutrition Service, 1993.
CALL NO: aTX364.S77 1993
Summary: Results of a planning conference in March 1992 initiated by USDA for the Nutrition Education and Training (NET). The strategic plan is to be used to guide federal and state leaders to provide nutrition education services to children, their parents, caregivers and food service personnel. The goal of the plan is to promote healthy eating habits to improve the health and well-being of children.

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Strategies for success: a resource manual for SHAPE California nutrition programs
Nutrition Education and Training Program, California Dept. of Education in collaboration with SHAPE California schools and the Strategies for Success Project, Contra Costa County Office of Education
448 p.
Sacramento, CA: California Dept. of Education, 1995.
CALL NO: TX364.S77 1995
Summary: The purpose of this manual is to serve as a resource manual for child nutrition program directors who want to apply dietary guidelines in school meal programs. Shows how to develop an action plan; describes how to adapt the dietary guidelines to meal programs; describes how to create staff development programs; shows how to make dramatic progress with the help of advisory groups, students, teachers, administrators, parents and other members of the community; shows how to develop ways to make sure the program serves the needs of students; shows how to transform the cafeteria into a learning center; and provides marketing strategies.

TEAMS for healthy kids
USDA Child Nutrition Programs
3 sets teaching materials
Washington, DC?: The Programs, 1994-1995.
CALL NO: Kit no. 235
Summary: The task force developed the TEAMS for healthy kids initiative, which recommends that school districts adopt a nutrition policy which would emphasize that food and nutrition services are an integral part of a child's educational experience. The task force developed prototype tools to help states and schools implement the initiative; these tools are contained in this kit. These materials are designed to encourage the preparation and consumption of meals that meet the Dietary Guidelines; educational experiences that help students make healthful lifestyle choices; input into the food and nutrition programs from students, parents, teachers, food service, school administrators, and the community; and program assessment and improvement.

Understanding the new food label: an overview from the consumer perspective
Video and Teleconference Division, USDA
1 videocassette (112 min.)(VHS)
Washington, DC: The Service, c1993.
CALL NO: Videocassette no. 1565
Summary: Panelists with expertise in food labeling discuss three aspects of the new food labels including: nutrition claims on labels, new features of the label, and efforts by USDA and FDA to educate consumers with regard to the new label.

A tool kit for healthy school meals: recipes and training materials: USDA's new school lunch and breakfast recipes
1 volume
Washington, DC: U.S. Dept. of Agriculture, 1995.
CALL NO: aLB3479.U6T66 1995
Summary: Contains recipes which were developed with today's kids and their tastes in mind. Includes ethnic foods, meatless dishes and low-fat desserts made with fresh ingredients, and contains the nutritional content per serving for each recipe. Intended to help school food service professionals provide children with the nutrition they need using new and exciting recipes that are simple, nutritious, and easy to implement.

Understand food allergy
American Academy of Allergy & Immunology; International Food Information Council Foundation
1 videocassette (120 min.) (VHS)
Milwaukee, WI: AAAI; Washington, DC: IFIC Foundation, c1994.
CALL NO: Videocassette no. 2285
Summary: Video conference designed for health professionals to provide an overview of food allergy and food intolerance.

Using the new food label to choose healthier foods
11 p.
Rockville, MD: Food and Drug Administration; Washington, DC: Food Safety and Inspection Service, c1994.
CALL NO: aTX551.U85 1994
Summary: Describes key parts of the new food label and explains how the information can help consumers meet their nutritional needs. Discusses the new label's nutrient and health claims, how to use the nutrition facts, what is meant by serving sizes and percent value, etc.

Virginia SFSP resource guide 1995 edition
43 leaves
Robbinsville, NJ: Nutrition Education and Training Programs, U.S. Dept. Agriculture, Food and Consumer Service, 1995.
CALL NO: aTX945.2 V57 1995
Summary: None given

What's in a meal?: a resource manual for providing nutritious meals in the Child and Adult Care Food Program
Child Nutrition Programs
114 p.
Chicago, IL: U.S. Dept. Of Agriculture, Food and Nutrition Service, Midwest Region, Child Nutrition Programs, 1994.
CALL NO: aTX361.C5C55 1994
Summary: Intended to assist Child and Adult Care Food Program personnel in providing quality, nutritious meals which comply with CACFP meal pattern requirements. Sections include nutrition, recipe modification, food labeling, feeding infants, food handling and sanitation, ethnic foods, recipe evaluation, and crediting foods.

The white paper on school lunch nutrition
Washington, DC: Center for Science in the Public Interest, 1990.
CALL NO: LB3479.U5C5
Summary: This report, from the Citizen's Commission on School Nutrition, makes recommendations on school lunch nutrition. Some recommendations include: limit number of calories from fat to 35%; sodium should be kept to 1,000 milligrams per lunch; and non-nutritive foods (sodas, chips, candy, etc.) should not be sold during school hours.

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